

Alzheimer Society
YORK REGION



2021 - 2022
Annual Report



Table of Contents

Mission Statement, Vision Statement Values, About Alzheimer Society of York Region, Board of Directors	2
Board Chair/CEO Message.....	3
Helping our Communities	4
2021-2022 At a Glance	5-6
Caregiver Story – Jane and Eileen	7
Signature Events.....	8
Community Events	9
Treasurer’s Report	10
Financial Report	11
Funding Partners	12

Legend: Alzheimer Society of York Region (AS York)

Mission Statement

The Alzheimer Society of York Region’s (AS York) mission is to alleviate the personal and social consequences of Alzheimer’s disease and other dementias and to promote research.

Vision Statement

We are committed to the care of families and the cure of Alzheimer’s disease and other dementias. We will achieve excellence, innovation and leadership in family-centred services; advocacy; education; and fundraising through caring professional staff, active volunteers, valued partnerships and a supportive community.

About Alzheimer Society of York Region

The Alzheimer Society of York Region is a leader in actively supporting individuals and families living with Alzheimer’s disease and other dementias since 1985. Our history of delivering quality, dementia-specific DAY program services, an enriched social work program and education opportunities within the Region of York is well respected. We have a proven record of working collaboratively and in partnership with different agencies within the Region of York to Service the needs of families and individuals living with Alzheimer’s disease and other dementias.

Board of Directors 2021-2022

Chair

Scott Crone
Councillor, East Gwillimbury
Principal, Lone Oak Consulting

Vice-Chair

Jane Casey, R.N., MScN
Program Director
Emergency Services
Humber River Hospital
Chair, Quality, Safety and
Performance Committee

Treasurer

Simon Francis, CPA, CA
Partner, Fuller Landau LLP
Chair, Audit and Risk
Committee

Secretary

Rachel Egan
Retired

Members at Large

Kathleen Jinkerson
Practice Lead, HR and
Total Rewards Solutions
The Talent Company

Roxana Kobuta, MBA, HBSc
Senior Consultant
Resource Planning Group Inc.

Domenic Manzo, B.A., LL.B
Barrister and Solicitor
Manzo Law

Tarik Mohammed

Stop BEC & Vendor Fraud –
Abnormal Security Chair, Fund
Development and Communications
Committee

Raza M. Naqvi,
MHSc, MD, FRCPC
Geriatric Medicine Specialist,
Markham Stouffville Hospital
Assistant Professor, Division of
Geriatric Medicine, University of
Toronto

Caroline Petrova, ACC, CDTLF
Principal
Pivot Point Consulting Inc.
Professional Coaching &
HR Consulting Services
Chair, Human Resources Committee

Patti Reed
Retired

Sheldon Wisener, B.A.
(Hons), LL.B
Barrister and Solicitor
Wisener Law
Chair, Governance
Committee



Our report on 2021/2022 is not about the challenge of COVID-19. All front-line health and social services organizations faced that challenge. Rather, it is about the perseverance, innovation, and resourcefulness of the AS York team which served a record number of families, expanded family support choices and built meaningful partnerships.

There is much to celebrate over the past year. AS York served more than 16,800 people last year including more than 2,500 families: a 20 per cent increase over the previous year.

AS York expanded those we serve with new initiatives. We introduced a digital book club and an at-home DAY program. In addition to ongoing caregiver support groups, AS York introduced new language support groups and piloted groups for teen and young adult caregivers. Finally, we are pleased to report that we re-opened our Stouffville DAY program in July 2021, following its COVID-19 related closure in 2020.

As of April 2021, Ontario Health Teams (OHT) formally became the new model of health care delivery in the province. AS York expanded its program reach through new First Link program collaborations within the OHT structure. This has led to more family physicians directing their patients to AS York earlier in the dementia journey. In partnership with the Western York Region OHT, we are assisting primary care physicians and allied health professionals in gaining Montreal Cognitive Assessment (MoCA) certifications. Healthcare professionals certified in administering the MoCA can use this screening tool to better diagnose cognitive impairments.

Of course, our services are only as good as the quality we build into them, and in that regard, we are especially proud that AS York once again successfully completed its accreditation process, achieving exemplary status for building quality and safety into our organizational culture, processes, and outcomes.

There are many more accomplishments and milestones from the past year that you'll read about in this annual report. They are truly achievements of the people of AS York, our generous donors, funders, and partners in serving and supporting families in our communities.

Board Chair and CEO Message



Scott Crone
Board Chair



Loren Freid
CEO

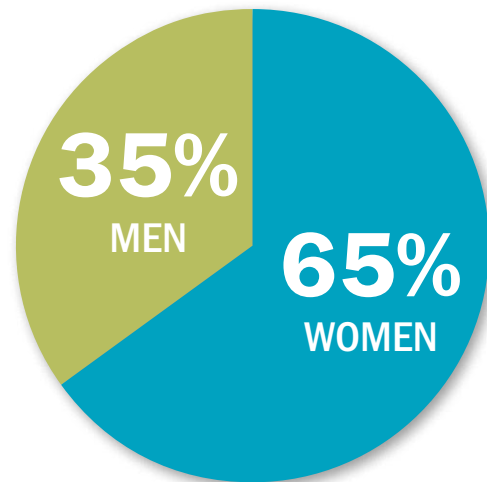
Helping our Communities

2,628 families supported through As York community support services.

219 Education Groups/talks provided reaching **4,074** individuals.

174 caregiver support groups sessions for **903** attendees (new groups in Cantonese, Mandarin, Farsi, Russian)

Demographics



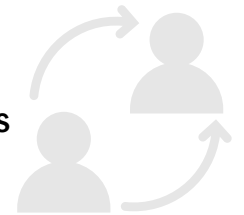
407 special deliveries' (activity kits, food, pen friend contacts, MP3 players)

882 new First Link referrals

44 participants enrolled in the music program

Minds in Motion

96 virtual session to **2,133** attendees



Programs

2021-2022 at a Glance



Once a month, caregivers and those with mild cognitive impairment (MCI) get together to chat, catch up on what's going on in each other's lives and talk about a book they have read on their Kobo.

Jaime Cruz, AS York public education coordinator, facilitates the Kobo Digital Book Club.

Kobo Digital Book Club

The Rakuten Kobo Digital Book Club is a free program promoted by Rakuten and supported by TechCoaches. Caregivers or people living with MCI connect with AS York public education coordinator Jaime Cruz, who delivers a free Kobo to participants. The Kobo is theirs to borrow as long as they are in the book club.

"If not for the book club I would have given up on reading for the fun of it," said a book club participant, who said the size of the print in a physical book plus the weight of it made reading difficult. The Kobo, the participant said, turned things around. "I love it. I can read lying in bed in the dark! And it's good to get together with the group once a month to talk about the books we have read. Jaime (Cruz) does a great job of leading us."

The first book club meeting was in November 2021 and they have met monthly since then. The club offers participants the opportunity to take a moment for themselves.

"Since COVID-19 began, and since my husband got sicker, there haven't been many opportunities to take a few minutes off from worrying," said another participant. "But a few stolen minutes reading a good novel helps."

Cruz agreed. She said the book club allows people to connect, something that has been lacking since the start of the pandemic.

"It allows participants, at least for moment, to not focus on dementia, but rather on connecting with others. Being able to socialize virtually with others who can relate to what they are going through helps people realize they are not alone. Even with a computer screen between us, we find a way to laugh, cry and support each other."

For the full story on the AS York book club, please visit www.alzheimer-york.com

Webinars

AS York hosted several acclaimed experts in dementia care and related subjects to speak virtually on:

- Missing Incidents
- Safety within the senior population including missing incidents and driving
- Engaging people with dementia
- Food for the brain

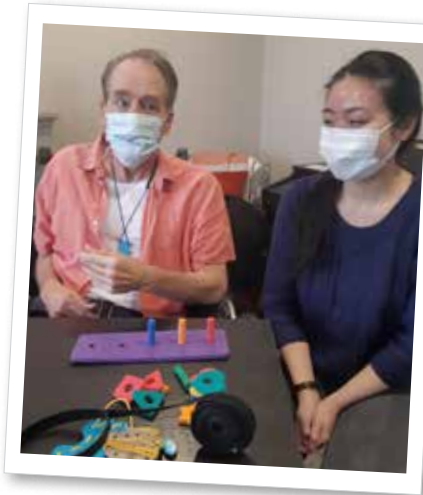
A number of these webinars can be found on our website at <https://alzheimer.ca/york/en/take-action/webinars>.



Speakers from left to right: Bonnie Wisener, registered holistic nutritionist; Chantal Bennett, York Regional Police; Dr Noelannah Neubauer, University of Waterloo; Professor June Andrews, University of Stirling; Dr. Gary Naglie, Baycrest Health Sciences; Sam Noh, advocate for Silver Alert

At-home DAY Program

The At-Home DAY Program is a pilot project launched in 2021 by Eastern York Region North Durham (EYRND) OHT with our partners CHATS and Union Villa. The program has been designed for people in the advanced stages of dementia still living at home. A social recreation therapist visits the client once a week for an hour and engages them in personalized activities.



While the person with dementia is engaging with the recreation therapist, the caregiver benefits from an hour of respite and may also receive one-on-one coaching on keeping their family member engaged and stimulated.

Stouffville DAY Program

After being forced to close our Stouffville location during the first part of the pandemic, AS York was thrilled to re-open our Stouffville DAY program at its new location in the Stouffville Legion in July 2021. The Stouffville program is available Monday to Wednesday.

Caregiver Support Groups

Caregiver support groups allow people going through similar life experience to connect. Participants gain coping skills and find a place where they can share without judgement.

In 2021, AS York introduced new caregiver support groups in Cantonese, Mandarin, Farsi and Russian.

As York continued to roll out several caregiver support groups to address unique needs of caregivers at various stages of the dementia journey including:

- Young-onset support group
- Bereavement support group
- Long-term care caregiver support group
- Teen caregiver support group
- Young adult support group

Pandemic Packages

The safety of clients during the pandemic was a primary concern for AS York. Program staff worked hard to adapt current programs to meet the changing needs of clients throughout the pandemic. In 2020, the society began delivering special package including activity kits, food parcels and MP3 players, and offering virtual meet-ups so that clients remain engaged while staying safe. In 2021, with COVID still presenting a risk, the society made 407 special deliveries of personal hygiene and incontinence products, personal protective equipment and holiday gifts.



Accreditation

In 2021, AS York was once again accredited with exemplary standing by Accreditation Canada's Qmentum Accreditation program. This assessment demonstrates excellence and commitment to providing safe, high-quality services.

Jane Kennedy and Eileen Howatt

Caregiver Story

Jane Kennedy is a familiar face at AS York. She and her mom, Eileen Howatt, who lived with Alzheimer's disease, have been featured in fundraising campaigns and in news stories and contributed to AS York's book, Hearts Linked by Courage.



Eileen passed away in January 2022 after hip surgery and a lung infection.

Jane, a Newmarket resident, said she didn't realize how much time she spent caring for her mom until she no longer had to do it.

"I couldn't leave a room without (mom) searching for me and becoming restless... It wasn't until it stopped (caregiving) that I realized how much I was doing. I never realized how tired I was."

Jane said those early days after her mom passed were sad and there was a huge void in her life.

Eileen attended the Aurora DAY program where she was caring, friendly and enjoyed the staff and fellow clients.

"She remained this way her entire life. Alzheimer's did not take that away."

What the disease did take away from her mom were her memories and her ability to do day-to-day tasks, Jane said.

"I want people to know that everyone's journey with Alzheimer's or dementia will be different. You need to live with it in the moment."

Looking back on her caregiver journey, Jane said she wishes she reached out to AS York earlier.

"There were many stressful days and days of tears. Caregivers need to look after themselves. You are so caught up in caring for your loved one that you don't realize you are tired, scared, and frustrated."

Jane suggested caregivers join an AS York support group.

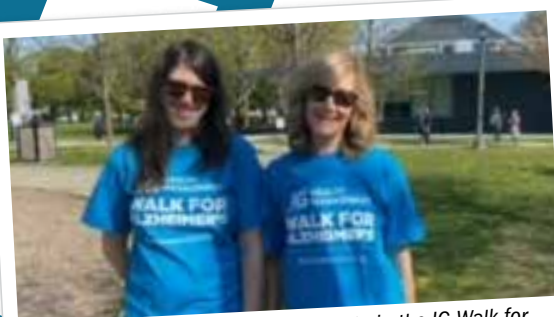
"I felt connected and understood after each meeting. I trusted the moderator (social worker). It was a safe place to air out my concerns and frustrations. There were no judgements

whatsoever. I should have started going sooner because the biggest discovery is knowing you are not alone. Many people will tell you that they 'know' someone with Alzheimer's; however, until you lived with the person and watched them progress with the disease, you feel alone. I needed recognition that I was doing the best I could, and the support group gave me that."

Jane said she misses the daily interaction with staff at the DAY program, who made her mom feel welcome and comfortable. Equally important is they made her feel her mom was safe.

"I want to honour (my mom's) memory by continuing to share my experiences with Alzheimer's. The AS York DAY program was my lifeline and I want to give back to them in some way."

Signature and Community Events



Jennifer and Shannon Smith participate in the IG Walk for Alzheimer's

IG Wealth Management Walk for Alzheimer's

The IG Wealth Management Walk for Alzheimer's was a successful virtual event in 2021.

\$123,000 was raised during the #IGWalkforAlz, which encouraged people to walk 17,000 steps, one step for every York Region resident living with dementia.

Participants biked, walked and inline skated, getting their steps in by May 29. Bruce Rhodes and his son, David, were the Honorary Family. Bruce's wife, Liz, a York University associate professor, passed away after a nine-year battle with dementia. She was 61.

A shoutout to the York Region IG Wealth Management offices for being such amazing supporters of AS York. The York Region offices have a friendly competition to see who raises the most money. In 2021, the Markham-Fairview office was the winner.



Alzheimer Society

*Thank you to our sponsors:
Private Wealth Management de Hart & Associates; 105.9 The Region; Rogers; Chartwell Retirement Residences; ComForCare Franchise Systems, LLC; and Smith Williams & Bateman Insurance Brokers Ltd.*

Golf 2 Remember

Due to the uncertainty of the COVID-19 pandemic, AS York did not host an all-day Golf 2 Remember tournament. Instead, golfers were invited to purchase a ticket at Silver Lakes Golf & Country Club, which they could use on a day of their choice. Proceeds from the event supported programs and services at AS York.

Golf 2 Remember was founded by Jane Simard, Betsy Sumner and Tara Morse as a way to give back and to support Simard who had family members impacted by dementia. The trio ran the tournament for eight years.

Signature Events

Forget-Me-Not Breakfast

Dr. Sharon Cohen, medical director of the Toronto Memory Program, was the guest speaker at the annual Forget-Me-Not Breakfast held in April 2021. The breakfast is an opportunity for people to learn about specific aspects of Alzheimer's disease and other dementias. The event took place virtually. Dr. Cohen spoke about the latest in dementia research and answered questions from guests.



Dr. Sharon Cohen

Thank you to our sponsors including Pace Consulting, the Town of Georgina, 105.9 The Region and Struct-Con Construction.

World Alzheimer's Day and #GoBlueforAlz

York Region again recognized World Alzheimer's Day on Sept. 21, 2021. Municipalities in the region lit up a landmark in blue to show York Region residents impacted by the disease they are not alone. Many municipalities proclaimed Sept. 21 as World Alzheimer's Day to raise awareness about Alzheimer's disease and other dementias. The Town of East Gwillimbury raised the Alzheimer Society flag.



Community Events

Jake Cowden Racing



What surprised 18-year-old Jake Cowden the most when talking to people about dementia was how many people knew someone who was living with the fatal disease.

“You can read the statistics about the high rate of dementia, but it really becomes clear what a huge issue this is when you talk to so many people who are personally affected,” said Jake, whose grandmother lives with Alzheimer’s disease.

For the past two years, Jake has raised funds for AS York with go-kart racing. Jake has been racing for 10 years – first as a go-kart racer, then switching to car racing and ice oval snowmobile racing.

Last year, he raised \$12,000. Gifts were matched by the Carswell Family Foundation.

“I am committed to fundraising for the AS York in honour of my grandmother who lives with this disease,” said Jake. “I see the impact on her and on my mom, her caregiver.”

Signature and Community Events

Jake used to be quite close with his grandmother. When she moved into long-term care, Jake would bike past her window and wave.

Kerri Thompson said her mom is at the stage of the disease where she only recognizes a few people and remembers little about her life. She used to go the DAY program, a place where Kerri said she knew her mom was safe, stimulated, respected, and well cared for, but can no longer attend due to the progression of her disease.

“I watch others who try to work with people with dementia and they just do not have the knowledge of the staff at AS York, so it simply is not effective, and it isn’t as respectful in many instances,” Kerri said. “That really saddens me. **I wish everyone could experience the amazing DAY program, and fundraising makes it possible to serve more families.**”

Thank you, Jake, for continuing to raise funds to support York Region residents living with dementia.

Forward Yoga

In 2021, Forward Motion Yoga in Markham marked World Alzheimer’s Day with a full day of yoga, meditation, movement and mindfulness classes, delivered virtually from sunrise to sunset. **The organization raised \$7,500 with the “Moving Forward for Alzheimer’s Research” event.** Our sincere thanks to the team at Forward Motion Yoga for supporting local families impacted by dementia.



Treasurer's Report



Simon Francis

*Chair, Audit and
Risk Committee*

Overall AS York ended the year with a surplus of revenue over expenses of \$23,540 for the current fiscal year. We continued with adding to the internally restrictive reserve of \$26,400 to facilities and program expansion even in the challenging COVID environment. This addition to the restrictive reserve is to replenish funds spent on renovating our flagship facility back in 2014 and this objective is planned to be met in two more years.

- Revenue increased to \$3,416,490 from \$3,100,543 primarily as a result of specialized programming and other specialized grants received including for Ontario Health Team one-time funding projects as well as the wage enhancement for direct service workers during COVID-19.
- Expenses increased to \$3,330,327 compared to \$2,975,808 which coincides with the new programming revenue and ongoing operating expenses.
- Largely due to the impact of COVID-19, revenue from our large donors will continue to be deferred for another year with their permission as we were not able to grow our in-person client programming in accordance with their wishes.
- Statement of financial position includes cash and investments totalling approximately \$2,700,000, which is fairly consistent with the prior year. We remain in a very strong cash flow and working capital position allowing us to invest in future initiatives.
- Other fundraising highlights include a stronger than anticipated Walk for Alzheimer's and more opportunities and partnerships to expand the organization's reach to the public.
- BDO conducted the audit for the fiscal financial results and the auditor's report contained no items of concern or substantive qualification.
- The Audit and Risk Committee was pleased with AS York's fiscal performance and continued solid financial management.

I would like to thank committee members **June Smyth, Vivian Lam, Roxana Kubota** and **Loren Freid** for their ongoing support, contributions and valuable ideas.

Financial Report

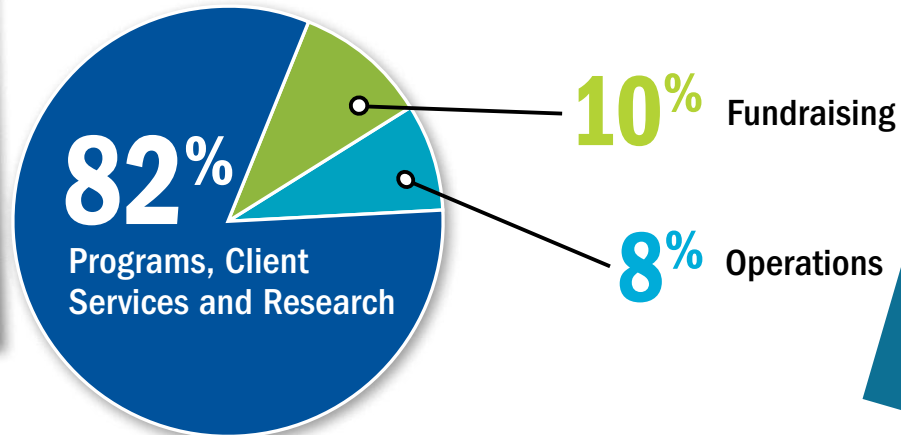
Alzheimer Society of York Region Statement of Financial Position

March 31	2022	2021
Assets		
Current		
Cash and cash equivalents (Note 2)	\$ 1,234,168	\$ 1,950,497
Short-term investments (Notes 2 & 3)	489,130	-
Accounts receivable	46,227	61,920
Harmonized sales tax recoverable	121,447	52,121
Prepaid expenses	32,353	31,402
	<u>1,923,325</u>	<u>2,095,940</u>
Restricted cash and cash equivalents (Note 2)	887,536	861,136
Long-term investments (Note 3)	102,354	-
Tangible capital assets (Note 4)	274,704	337,327
Artwork	13,775	13,775
	<u>\$ 3,201,694</u>	<u>\$ 3,308,178</u>
Liabilities and Net Assets		
Current		
Accounts payable and accrued liabilities	\$ 218,378	\$ 246,783
Government remittances payable	51,520	29,434
Current portion of deferred revenue (Note 5)	510,186	571,228
	<u>780,084</u>	<u>847,445</u>
Deferred revenue (Note 5)	1,301,115	1,363,778
	<u>2,081,199</u>	<u>2,211,223</u>
Commitments (Note 6)		
Net assets		
Internally restricted (Note 7)	887,536	861,136
Unrestricted	232,959	235,819
	<u>1,120,495</u>	<u>1,096,955</u>
	<u>\$ 3,201,694</u>	<u>\$ 3,308,178</u>

Alzheimer Society of York Region Statement of Operations

For the year ended March 31	2022	2021
Revenue		
Ontario Health (Note 8)	\$ 2,184,199	\$ 2,276,017
Donations, grants, professional training and event	967,103	587,493
Service fees	245,953	208,827
Other income	19,235	28,206
	<u>3,416,490</u>	<u>3,100,543</u>
Expenses		
Program and services	2,770,934	2,450,247
Fund development	292,426	292,349
General operations	266,967	233,212
	<u>3,330,327</u>	<u>2,975,808</u>
Excess of revenue over expenses from operations	86,163	124,735
Amortization	62,623	65,751
Excess of revenue over expenses	<u>\$ 23,540</u>	<u>\$ 58,984</u>

The statement of operations and financial portion presented here have been extracted from our organization's audited financial statements. Our auditors are BDO Canada LLP in Newmarket, Ontario. The Alzheimer Society of York Region is committed to transparency and accountability to our stakeholders and general public. Our complete audited financial statements are available upon request.



Return on Investment

Financial support to the Alzheimer Society of York Region results in a substantial return on investment. As the diagram illustrates, 82 per cent of our expenditures are allocated to programs, services and research.

HEAD OFFICE

2-240 Edward Street
Aurora, ON, L4G 3S9

t: 905-726-3477

tf: 1-888-414-5550

(Ontario only)

F: 905-726-1917

info@alzheimer-york.com

Charitable Registration
#10670 5429 RR0001

LOCATIONS IN

Aurora

Thornhill (Markham)

Georgina

Whitchurch-Stouffville

Vaughan

Richmond Hill

alzheimer-york.com

FOLLOW US ON SOCIAL MEDIA

Facebook: alzheimersocietyyork

Twitter: asyork1

Instagram: alzheimeryr

LinkedIn: <http://bit.ly/ASYorkLinkedIn>

DONATE TO:



Funding Partners

This project is funded by
the Government of Canada.



Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario



Cyril & Dorothy, Joel & Jill
Reitman Centre for Alzheimer's
Support and Training



United Way
Greater Toronto



Western York Region
ONTARIO HEALTH TEAM



And Supporters Like You

Alzheimer Society

YORK REGION

alzheimer-york.com